Progressive Calisthenics Lifestyle

http://owenjohnstonkarate.com

Below are my thoughts about the variables and factors that need to be taken into account for progressive calisthenics.

1. Leverage – increase or decrease
2. Range of motion – increase or decrease
3. Positioning – hand or foot (such as basketball pushups or putting hands closer together in pushups or pullups)
4. Unilateral or bilateral (one hand or both, one foot or both)
5. Correct form!!! It is an art. Be creative, but also have the discipline to go with it. Keep the correct body alignment for the exercise at all times.
6. Other tougheners – seek and find! Inter-set rest, volume, frequency, partner resistance, locked knees while doing calf raises, towel work for pullups, infinite possibilities in hand balancing arts, as well as the use of equipment in public parks.
7. Set S.M.A.R.T. goals – PLAN AHEAD! This also means you should log your workouts.
8. Lifestyle factors – nutrition, sleep, emotional health, recovery days, live clean, but also allow the occasional cheat day.
9. Specializations – only after competency in progressions for the basics. Specializations include neck, forearms, wrists, knuckles, feet and calves, gymnastics holds, odd objects for more full body strength, etc.
10. "Journey, not a destination." LOVE TRAINING! Consistency, motivation, and creativity in training will fall into place when you relish every rep. Milk each exercise for all of the lessons it can teach you. Savor the gains and let nature take its course.

Summary, and the name of the game – PROGRESSION
Burn that sole word into your mind and keep it there.

We all have hard days – but take time to "improve the moment"! No matter what, keep moving forward as best you can, no matter what life throws at you. When you go to train, leave your problems at the door and get the work done. Don't worry, your problems will still be there to keep you company when you get back. But you can get stronger RIGHT NOW. Mentally and emotionally, as well as physically. "Just do it!!"